

Your Guide to Des Moines Parks, Recreation & Senior Services

Winter Into Spring 2011

REC 'n ROLL



City of Des Moines
21630 11th Ave. S., Suite A
Des Moines, WA 98198-6398

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Welcome!

REC 'n ROLL

The Des Moines Park, Recreation and Senior Services Department crew invites you to **REC 'n ROLL** through the winter months with us! It is our mission to provide you with quality programs and services that inspire your engagement in the community and opportunities for life long health, learning and friendship.

Breaking News! Our new **REC 'n ROLL** E-Newsletter, available direct to you every two weeks will keep you up to date on the latest program offerings and special deals! Please contact the department office at 206-870-6527 or by e-mail at recreation@desmoineswa.gov to sign up today!

Please let us know how we are doing! We welcome your comments, concerns and kudos! Please contact Parks, Recreation and Senior Services Director Patrice Thorell at 206-870-6527.

Look What We Have For You!

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Host your Special Event in our facility!

Des Moines Facilities highlight the breathtaking beauty of the Northwest offering the perfect setting for wedding, banquets and other community events.
Indoor Facilities-

Up to 60 guests:

Founder's Lodge &
Des Moines Field House Studio

Up to 125 guests:

Des Moines Activity Center with
Mary's Patio Garden

Up to 225 guests:

Des Moines Field House

For **Outdoor Shelters** see page 12-RR



This May, check-out
special offers for
Camp KHAOS and K2
2011!

Navigating the School Year

B-4 SCHOOL

Enjoy peace of mind as your child eases ease into a morning balanced with individual play, group activities, homework and a nutritious snack.

Grades K-6

M-F 6:30am-school start Monthly, throughout the school year calendar

Sites	Dates	Fee: Res	Non Res
Highline	January	\$245	\$265
Federal Way	January	\$190	\$210
Highline	February	\$195	\$215
Federal Way	February	\$180	\$200
Highline	March	\$285	\$305
Federal Way	March	\$220	\$240
Highline	April	\$205	\$225
Federal Way	April	\$160	\$180
Highline	May	\$260	\$280
Federal Way	May	\$190	\$210
Highline	June	\$235	\$255
Federal Way	June	\$120	\$140

Drop-in Fee: \$15R \$17NR Highline Sites
\$10R \$12NR Federal Way Site

BREAK TIME CAMPS

No school again? Wait... Break Time provides a safe environment where your child will be busy with craft projects, games, sports, outdoor activities and much more. You send a lunch, we provide snacks!

Grades K-6

6:30am-6:00pm Field House

Day	Dates	Fee: Res	Non Res
M-F	Mid-Winter Break: February 21-25	\$150	\$160
M	No School: March 11	\$35	\$37
M-F	Spring Break: April 4-8	\$150	\$160
F	No School: May 20	\$35	\$37

*Daily Drop-in Fee: \$35R \$37NR

AFTERMATH

Relax knowing your child, fueled by a nutritious snack, will be burning off excess energy while absorbed in lively games, seasonal arts & crafts and creative play. Time is set aside for homework.

Grades K-6

M-F School dismissal – 6:00pm

Sites	Dates	Fee: Res	Non Res
Highline	January	\$265	\$285
Federal Way	January	\$305	\$325
Highline	February	\$210	\$230
Federal Way	February	\$285	\$305
Highline	March	\$305	\$325
Federal Way	March	\$350	\$370
Highline	April	\$225	\$245
Federal Way	April	\$255	\$275
Highline	May	\$280	\$300
Federal Way	May	\$305	\$325
Highline	June	\$250	\$270
Federal Way	June	\$190	\$210

Drop-in Fee: M-Th \$15R \$17NR, F \$20R \$22NR Highline Sites
\$18R \$20NR Federal Way Site

FORTH & AFT

Balance your child's day Before (B-4) and AFTer school and give yourself a worry-free day. Registering for both Forth & Aft offers you a significant fee reduction.

Sites	Dates	Fee: Res	Non Res
Highline	January	\$345	\$365
Federal Way	January	\$380	\$400
Highline	February	\$270	\$290
Federal Way	February	\$360	\$380
Highline	March	\$395	\$415
Federal Way	March	\$440	\$460
Highline	April	\$285	\$305
Federal Way	April	\$320	\$340
Highline	May	\$360	\$380
Federal Way	May	\$380	\$400
Highline	June	\$325	\$345
Federal Way	June	\$240	\$260

Pre-registration is required – note: prices are subject to change.

Highline School District Sites: Des Moines, North Hill, Marvista, Midway and Parkside Elementary Schools

Federal Way School District Site: Woodmont Elementary School

Note: Program dates and times follow each school district's calendar.

Financial Scholarships Available: For detailed information please call 206-870-6527

Sports



Tee-Ball / Coach-Pitch Coed Leagues

Get out the leather glove, swing the aluminum bat and enjoy team building and social interaction! Focus is on developing hand-eye coordination through hitting, fielding, throwing, and catching properly. Playing field and rules are modified to fit participant age and skill levels.

Age 3-5 Tee-ball

Age 6-8 Coach-pitch

\$60R \$65NR January 3-31

\$65R \$70NR February 1-March 31

\$75R \$80NR April 1-May 31

Des Moines Area Fields



Spring Youth Recreation Soccer League

Registration starts on January 3 and closes March 31.

U-5 co-ed 3-5, U-7 co-ed 6-7, U-9 boys 8-9, U-9 girls 8-9

*Birth certificates required.

March 14-May 31

\$60R \$65NR January 3-31

\$65R \$70NR February 1-28

\$75R \$80NR March 1-31

Des Moines Fields

Coming Summer 2011
Youth Sailing Classes
UK Soccer Camp at
Des Moines Field House
Diamond Skills Baseball
Camp

Coaches Take Note:

The Spring Youth Recreation Soccer League's Coaches Meeting

Tuesday, March 1 6:00pm Field House

Tee-Ball/Coach Pitch Coach Meeting

Tuesday, May 17 6:00pm Field House

For information about coaching, sponsorship and scholarship opportunities please contact our office at 206-870-6527.

Adult Men & Coed Softball League

This is a great opportunity for folks to play at our beautiful complex. Each team plays 14-games and a double elimination post season tournament.

Registration deadline: April 22, 2011.

Adults

SJUMP

Monday Nights Co-ed Recreation Division
League Play May - August

Tuesday Nights Men's Recreation Division
League Play May - August

\$850R \$900NR

Adult Dodgeball League

This is a great opportunity for folks to play a sport that they never forgot about they just haven't had the chance at breaking out their inner youth. Each team plays 8-games and a single elimination post season tournament. Registration deadline: February 16, 2011.

Adults

Tuesday Nights

March & April

\$175R \$185NR

Des Moines Field House



Toddler/Preschool Activities

Pre-School Playhouse

Mom and Dad - take a break while children have a great time learning, playing and meeting new friends under our watchful eye. Activities include arts and crafts, games, songs, puppetry, outdoor fun. Facilitators: Staff - trained, CPR/First Aid certified. *No class 2/21 or week of 4/4.



Ages 3-5

T/Th	10am-12pm	January 4-27
T/Th	10am-12pm	February 1-March 3*
T/Th	10am-12pm	March 8-31*
T/Th	10am-12pm	April 12-May 5
T/Th	10am-12pm	May 10-June 2

\$70R/\$75NR

Mini Kickers

Start soccer off right with an introduction to warming-up, stretching, dribbling, passing, shooting and defensive work. It's a great opportunity for kids to meet other kids from the community. Facilitators: Staff

Age 3-5

M-F	6-7pm	May 16-20	Field House
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\$25R/\$30NR

Preschool Dance Classes

Ballet & Tap classes are taught in an easy-paced learning environment punctuated with frolicking and general silliness! *No class 4/6. Instruction: Melanie's Dance Unlimited Instructors

Age 3yrs

W	10-10:30am	Session 1 January 5-February 16	Field House
W	10-10:30am	Session 2 March 2-April 20*	Field House
W	10-10:30am	Session 3 April 27-June 8	Field House

Session Fee: \$48R/\$53NR

Age 4-5yrs

W	10:30-11am	Session 1 January 5-February 16	Field House
W	10:30-11am	Session 2 March 2-April 20*	Field House
W	10:30-11am	Session 3 April 27-June 8	Field House

Session Fee: \$48R/\$53NR

Gymnastics – parents & toddlers

Each child learns balance and muscle coordination skills at their own pace. *No class 4/7. Instruction: Jungle Gym

Age 18 months-3

Th	5-5:30pm	Session 1 January 6-February 17	Field House Studio
Th	5-5:30pm	Session 2 March 3-April 28*	Field House Studio
Th	5-5:30pm	Session 3 May 5-June 23	Field House Studio

Session 1 \$70R/\$75NR ; Session 2/3 \$80R/\$85NR

Preschool Gymnastics – new & returning

This high-energy and fun-filled class is designed for the child who wants to learn the basics of gymnastics. Listening skills and socialization are emphasized while developing coordination, agility, balance, and muscle strength at an individual pace. *No class 4/7. Instruction: Jungle Gym

Ages 3-5

Th	5:35-6:05pm	Session 1 January 6-February 17	Field House Studio
Th	5:35-6:05pm	Session 2 March 3-April 28*	Field House Studio
Th	5:35-6:05pm	Session 3 May 5-June 23	Field House Studio

Session 1 \$70R/\$75NR; Session 2/3 \$80R/\$85NR

Recreation: 206-870-6527

Senior Services: 206-878-1642

Youth Recreation Activities

Healthy life-long habits start young. Teach your child to enjoy exercise and physical play in these fun activities.

Youth Gymnastics – new & returning

This fun-filled class develops flexibility, coordination, agility, balance, and muscle strength on an individual basis and focuses on cartwheels, handstands, rolls, basic beam, and basic bar work. Instruction: Jungle Gym



Age 6-9

Session 1 \$70R/\$75NR; Session 2/3 \$80R/\$85NR

Th	6:10-6:50pm	Session 1 January 6-February 17	Field House Studio
Th	6:10-6:50pm	Session 2 March 5-June 23	Field House Studio
Th	6:10-6:50pm	Session 3 May 5-June 23	Field House Studio

Tiger Kids Martial Arts

Improve motor skills and coordination while building self-confidence through the use of martial arts and fun games - bag kicking and padded sword-sparring! Includes a white belt for first time participants! Instructor: Mitch Mayberry, International Champion, 8th degree Master Instructor.

Age 3 and Up

Winter/Late Winter: \$63R \$68NR plus \$12 AAU Fee
Spring: \$83R \$88NR plus \$12 AAU Fee

W	4:30-5:10pm	Winter: January 5-February 9	Field House
W	4:30-5:10pm	Late Winter: February 16-March 23	Field House
W	4:30-5:10pm	Spring: April 13-June 1	Field House

Acrobats For Kids

Learn gymnastic/martial arts style rolls, cartwheels, backbends, handstands and walkovers and other cool moves. A routine set to music will be learned for an optional show in June, complete with costume! Recommended attire provided at registration. *No class 4/6. Instructor: Melanie's Dance Unlimited.

Acrobats I—Beginners

Age 4-7

Session Fee: \$58R/\$63NR;

W	4:45-5:30pm	Session 1 January 5-February 16	Field House
W	4:45-5:30pm	Session 2 March 2-April 20*	Field House
W	4:45-5:30pm	Session 3 April 27-June 8	Field House

Acrobats II & III

Age 8-12

Session Fee: \$58R/\$63NR;

W	4-4:45pm	Session 1 January 5-February 16	Field House
W	4-4:45pm	Session 2 March 2-April 20*	Field House
W	4-4:45pm	Session 3 April 27-June 8	Field House

Acrobats III

Same day/times as Acrobat II:

Prerequisites: Forwards & backwards rolls, cartwheels, backbends from standing, splits, beginning gymnastics floor passes, and basic dance skills.

Youth Scholarships Available for Des Moines Youth!

Please call 206-878-6527 for information.

Funding Support provided by

Des Moines Legacy Foundation and Des Moines Rotary!

Ballet/Jazz

Ballet is the true expression of classical art that provides strength, beauty, posture and grace and is the foundation for all other dance forms. Focus is on stretching, Barre, Center and Across-the-floor work with emphasis on terminology and proper technique. Recommended attire provided at registration. *No class 1/17 or 4/4. Instruction: Melanie's Dance Unlimited

Grades K-3

Session Fee: \$48R/\$53NR

M	4-4:45pm	Session 1 January 3-February 14*	Field House
M	4-4:45pm	Session 2 February 28-April 11*	Field House
M	4-4:45pm	Session 3 April 18-May 23	Field House

Tap Dance – new & returning

Class features fun, making lots of great noises with your feet and incorporates rhythm, technique & style. Recommended attire provided at registration. *No class 1/17 or 4/4. Instruction: Melanie's Dance Unlimited

Grades K-3

Session Fee: \$48R/\$53NR

M	4-4:45pm	Session 1 January 3-February 14*	Field House
M	4-4:45pm	Session 2 February 28-April 11*	Field House
M	4-4:45pm	Session 3 April 18-May 23	Field House

Hip Hop Dance

Featuring the most popular urban moves and grooves, class is fun, fast paced and will get your heart pumping! No experience necessary! *No class 1/17 or 4/4. Instruction: Melanie's Dance Unlimited

Ages: 4-7 yrs

Session Fee: \$48R/\$53NR

M	5:15-5:45pm	Session 1 January 3-February 14*	Field House Studio
M	5:15-5:45pm	Session 2 February 28-April 11*	Field House Studio
M	5:15-5:45pm	Session 3 April 18-May 23	Field House Studio

Ages: 8-12 yrs

Session Fee: \$48R/\$53NR

M	5:45-6:15pm	Session 1 January 3-February 14*	Field House Studio
M	5:15-5:45pm	Session 2 February 28-April 11*	Field House Studio
M	5:15-5:45pm	Session 3 April 18-May 23	Field House Studio



DES MOINES YOUTH COUNCIL

Make new friends and gain leadership and organizational skills participating in Des Moines Youth Council. The Council plans civic activities during the school year earning credits toward reward activities offered at the end of the year. Previous rewards include trips to Roller Skating, Wild Waves, and Seattle Mariners, and Seattle Sonics games. Enrollment is open and drop-in participation is encouraged. Call in advance to confirm meeting dates. Leader: Parks and Recreation staff

Grades 6-9

Free

Th	3:15-3:45pm	Pacific Middle School
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Teen Activities



ASP@P After School Program at Pacific Community Schools Collaboration –

Looking for after school fun? Pacific Middle School students enrolled in Community Schools Collaboration can join us for ASP@P!

We will play sports and active games in the gym, create cool craft projects and win great prizes with cool contests; all thanks to the generosity of **Des Moines Rotary Club**! Activities are staffed by Des Moines Parks & Recreation. **Program inquiries should be directed to Pacific Middle School and the Community Schools Collaboration Coordinator – 206-631-5864.**



Pacific Middle School Students

Free

M-Th	January*-June *	After school-5pm	Pacific Middle School
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Field House Dances

Teens- kick it at Field House theme dance parties hosted by Des Moines Youth Council. Theme dances parties feature contests concessions and dancing. Leader: Parks and Recreation staff

Grades 6-8 - student ID required for admission.

\$7

7:30-10:00pm Field House

Friday, March 25	Glitze and Glam
Friday, April 22	Spring Egg Hunt
Friday, June 10	End of Year Luau

Paintball Madness

Grab your friends and join us for a day of paintball at Puyallup's Paintball Sports Park. This game combines capture the flag with chess, hide 'n' seek and gets the adrenaline pumping. Paintball is challenging, fast-paced and for people of all skill levels. Waiver must be signed by guardian prior to trip. Bring a sack lunch. Recommended attire provided at registration.

Ages 12-17

\$60R \$65NR

Sa	March 12	9:30am*-3pm
*Departure promptly at 9:30am from the Field House		



Adult Enrichment



Dog Obedience

Love your dog, but all the chewing, jumping, barking and little "accidents" testing you? Dog Obedience should turn your little "terror" into a well-behaved pet. Proof of vaccination is required at first class. Instructor: Jan Magnuson, Animal Control Officer, Champion Trainer

<i>Dogs 4+ months</i>			\$78R \$85NR
Th	7:15-9:15pm	January 6-27	Field House
Th	7:15-9:15pm	February 3-24	Field House
Th	7:15-9:15pm	March 3-24	Field House
Th	7:15-9:15pm	May 5-26	Field House

Wenatchee Whitewater Rafting

The Sunny-side of the Cascades is a definite splash! Roller coaster action and generally sunny weather makes this snow-fed river a favorite for river-runners. You'll experience commanding scenery that includes apple orchards and tall bluffs. The whitewater maneuvering in "Boulder Bend, Rock & Roll, Drunkards Drop and Snow Blind" rapids will definitely capture your attention. Participants will paddle self-bailing paddle rafts with an experienced guide. A Neoprene wetsuit and all rafting equipment are included. Join us! Trip Leader: Rod Admundson, Wild Water River Tours, INC.

<i>Age 10-Adult</i>			\$78R \$85NR
Sa	12pm-4:30pm	May 14	Location provided at registration
Su	12pm-4:30pm	June 5	Location provided at registration

Skagit Eagle Watch

View nature's splendor. Each winter up to 300 Bald Eagles gather at the Skagit Preserve. These magnificent endangered birds typically see only the occasional riverboat in their protected habitat, so sightings are frequent. With up to 7 feet of wingspan, the eagle is truly majestic. You'll float calmly and comfortably with other enthusiasts. Guides are experienced eagle watchers. All rafting equipment is included. Trip Leader: Rod Amundson, Wild Water River Tours, INC.

<i>Age 6+</i>			\$78R \$85NR
Su	11am-2:30pm	January 23	Location provided at registration
Sa	11am-2:30pm	January 29	Location provided at registration

American Boating Course

Learn the essential information to operate a boat: boat handling, seamanship, necessary equipment, boat trailering, and much more. This course exceeds educational requirements in all states and a test is given at the conclusion of the course to qualify you for a Washington State Boaters education certificate. Bring a sacklunch. Fee includes textbook interactive CD and all materials. Students are responsible for picking up supplies at Des Moines Field House. Instructors: Poverty Bay Power Squadron.

<i>Age 12-Adult</i>			\$35
8am-4pm		February 19	
8am-4pm		March 19	
8am-4pm		April 16	
Public Works & Park Service Center - 2255 South 223rd St.			

Don't miss out on Rockin' Cool Deals in our eblast newsletter REC 'n ROLL- email recreation@desmoineswa.gov to receive e-blasts featuring the latest community recreation opportunities for all ages.

Blueprint for Living 2011 and Beyond

Featuring a series of presentations to design and live your life well and your way! Bring a brown-bag supper and settle-in for thought-provoking presentations and "hand-on" experiences! Door Prizes!

Adults

Activity Center

\$5 Suggested Donation

Chart Your Course

Chose to be proactive and design a care management plan for yourself and/or family member before it is needed. Gain peace of mind knowing that your course has been charted and that reference materials and resources are gathered in one place for emergency contacts to access and implement. **Course markers:** Addressing the critical and important information needed in medical emergencies. 5-Wishes® - an end-of-life planning tool to help clarify how you wish to be treated when seriously ill. Maintaining "business as usual" when life is anything but usual. Preserving your dignity and sense of privacy - when and how to share your highly personal information. Presenters: Stephanie Mehl, Providence Hospice and Shelia Goodfellow, Comfort Keepers.

Tu 6:00pm January 25

No Place Like Home

To quote William Shakespeare, "people usually are the happiest at home." So is it realistic to plan on continuing to live in your own home? Pick-up savvy interior design insights for aging in place—and explore ways to insure your home is safe, functional, appropriate and appealing! Learn about emergency contact systems and adaptive devices that enhance your ability to live well. Presenters: Joyce Joneschiet, Topaz Design & Aging in Place and Shelia Goodfellow, Comfort Keepers.

W 6:30pm February 16

Your Body: A Well Maintained Machine

Discover techniques to improve your balance, strength and stamina - vital components of maintaining a healthy active life. Discover the safe and proper body mechanics for you when assisting friends or relatives as they navigate in and out of chairs, wheelchairs and staircases. Presenter: Jim Fuller, MST, PT Adult Rehabilitation Therapies.

M 6:30pm March 14

Digital Photo Organizing

Are your digital photos clustered randomly on your computer's desktop or in your image library? Come learn simple ways to organize your digital photos for easy image searching and sharing. Instructor: Brenda Anders.

Adults

\$17R/\$21NR

W 6-7:30pm March 23 Wesley Gardens Computer Lab

Facebook I -a social networking site

Get up to speed on this social networking site that connects friends, relatives, classmates, colleagues, and groups that share common interests. Learn how to create, use and maintain your Facebook profile. Instructor: Brenda Anders

Adults

\$29R/\$33NR

Th 6-7:30pm January 20-27 Wesley Gardens Computer Lab

Facebook II, Q&A

So you already use Facebook and have questions? Come ask your questions regarding use and maintaining your Facebook profile. Instructor: Brenda Anders.

Adults

\$17R/\$21NR

Th 6-7:30pm February 24 Wesley Gardens Computer Lab

Basics of Acting

Learn and practice the basic techniques of acting in a safe encouraging environment and gain more confidence in your communication and presentation skills. It is never too late to enjoy the freedom of expressing yourself and trying on characters and scenarios. Learn character development, back story work, scene study and discuss scenes from movies. Expect fun while developing amazing insights. Wear comfy clothes, bring a notebook and pencil and be prepared to work and play. *No class 2/22. Instructor: Lee Ryan

Age 18-108

\$203R/\$213NR

Tu January 4-March 15* 6:30-9pm

Activity Center

Acting for the Camera

Fine tune your acting skills for television commercials, corporate videos and film. Learn the meat 'n' potatoes of preparing for an audition, finding a good agent, the auditioning process, working around a film crew and understanding the differences of theatre and video/film acting. Wear comfy clothes, bring a notebook and pencil and be prepared to work and play. Pre-requisite: Basics of Acting or prior acting experience. Instructor: Lee Ryan

Age 18-108

\$203R/\$213NR

Tu March 22-May 24 6:30-9pm

Activity Center

Brain Agility

Worried about your noggin? Can't seem to remember words and names like you used to? Our brains need exercise as much as our bodies! Brain Agility, developed by Dr. Peter Moulton, features a personal workbook, brain aerobics and classroom discussion. Previous students say it really helps! Be ready for homework! Volunteer Facilitators.

Adults

\$40/\$44NR

Th 11am-12noon

March 31-May 12

Activity Center

Fused Glass Workshop

Create your own decorative glass bowl! Learn the basics of art glass techniques including cutting, fusing and slumping with supplies and materials provided by the instructor. Note: Check out the fused glass bowls displayed at the Activity Center. Instructor: George C. Scott

George C. Scott

Adults

\$55/\$59NR

W 1-4pm

February 2

Instructor's Studio/Des Moines

Sa 1-4pm

March 5

Instructor's Studio/Des Moines

W 1-4pm

April 6

Instructor's Studio/Des Moines

Sa 1-4pm

April 9

Instructor's Studio/Des Moines

Sumi—E Painting Workshops

Sumi-E is a style of painting that is characteristically Asian – literally ink painting - that strives to distill the essence of an object in the fewest possible strokes. Preregistration required – 1 week before each workshop. Supply list available upon registration. Instructor: Darlene Dihel

Adults

\$36R \$40NR

T 10am-2pm

January 25

Activity Center

M 10am-2pm

March 28

Activity Center

Gardening by the Bootstraps-

Using what you have to grow vegetables!

Perfect for beginning gardeners, new arrivals and green thumbs looking for alternate methods of gardening in the Des Moines area; you will learn about local soil and weather, starting seeds and composting and get connected with the new Community Garden slated to open May 2011.

Adults

\$33R/\$38NR

Thu 6:30-7pm

February 10-March 17

Founder's Lodge

Adult Fitness

Zumba®

Ditch the workout – Join the Party! Working-out is healthy, rewarding and beneficial, but it's never been known to be exhilarating until now! Zumba® fuses hypnotic Latin rhythms and easy to follow moves to create a unique program that will blow you away and help you achieve long term benefits while experiencing an absolute blast in one hour of calorie-burning, body-energizing, awe-inspiring movements that engage and captivate for life! *No class 12/27 & 29/2010, 1/10/2011. Instructor: Shayla Lee, Zumba® Certified.

Adults

\$63R \$69NR/10-class punchcard or

\$10/Drop

M/W 6-7pm

Ongoing*

Field House

Pilates – beginners & advanced

Start losing inches today! This mat-based discipline improves the look and feel of your body, and increases flexibility, stamina, strength and posture. Modifications can be made to support individual needs. Please bring a "sticky" mat to class. Instructor: Julie Conklin

Pilates Gold

Pilates based workout geared towards those 55 and older. Similar format to traditional Pilates, but modifications will fit every body and age. Participants must be able to work out on the floor. Instructor: Julie Conklin

Adults

\$78R \$83NR/Month or \$10 Drop-in

T/Th 9:30-10:30am

Pilates Gold 24052 13th Pl, Des Moines

T/Th 11am-12pm

Pilates 24052 13th Pl, Des Moines

T/Th 6-7pm

Pilates 24052 13th Pl, Des Moines

Boot Camp Fitness

A high intensity/high impact, results-driven conditioning program taught in an indoor/outdoor environment. Workouts include: cardiovascular, speed and endurance, partner resistance and strength training. Instructor: Julie Conklin

Adults

\$78R \$83NR/Month or \$10 Drop-in

T/Th 4:30-5:30pm

24052 13th Pl, Des Moines

Enhance Fitness

Improve physical conditioning levels and decrease the risk of falling with stretching, low-impact aerobics, strength training and balance exercises. Gym-type shoes are required (no sandals) and a water bottle is recommended. Co-sponsors: Group Health & Senior Services. Instructor: Mary Brown

View Enhance Fitness @ <http://youtu.be/OH2VdXbusNg!>

Adults

T/Th/F 8:00-9:00am or 9:30-10:30am

Field House

January 4 - 28

12 meetings

\$30

February 1 - 25

12 meetings

\$30

March 1 - 31

14 meetings

\$34

April 1-29

13 meetings

\$32

May 3-31

13 meetings

\$32



Belly Dancing

Enjoy a fun, effective, low impact exercise. Beginning and intermediate level classes consist of Middle Eastern and American Tribal dance steps for troupe and soloist, body movements, the use of cymbals and the veil. *No class 1/31 or 5/30. Instructor: Saroya Poirier, Babylonian Ensemble



Adults Session 1-3 Fee: \$43R \$48NR; Session 4 Fee: \$38R/\$43NR

M	Beginners	7:15-8:15	Session 1 January 3-February 14*	Founders Lodge
M	Intermediate	8:15-9:15pm	Session 1 January 3-February 14*	Founders Lodge
M	Beginners	7:15-8:15	Session 2 February 28-April 4	Founders Lodge
M	Intermediate	8:15-9:15pm	Session 2 February 28-April 4	Founders Lodge
M	Beginners	7:15-8:15	Session 3 April 11-May 16	Founders Lodge
M	Intermediate	8:15-9:15pm	Session 3 April 11-May 16	Founders Lodge
M	Beginners	7:15-8:15	Session 4 May 23-June 27	Founders Lodge
M	Intermediate	8:15-9:15pm	Session 4 May 23-June 27	Founders Lodge

Tai Chi

Qigong style Tai Chi focuses on a basic circulation form using energy principles. Tai Chi improves balance and increases strength and control of muscles through gentle, slow movements, while also improving coordination of the upper and lower body. Instructor: Rhonda Allison.

Adults Session Fee: \$48R/\$52NR

Th	5:30-6:30pm	Session 1 January 6-March 3	Activity Center
Th	5:30-6:30pm	Session 2 March 10-May 5	Activity Center

Energy Yoga

Yoga helps to release stress and re-direct energy to gain better health and sense of well being. With a series of sustained poses and gentle stretches, students will improve muscle strength, range of motion, balance and stability, especially the deep core muscles that stabilize the spine and increase flexibility. Instructor: Rhonda Allison.

Adults Session Fee: \$48R/\$52NR

Th	7-8pm	Session 1 January 6-March 3	Activity Center
Th	7-8pm	Session 2 March 10-May 5	Activity Center

Tai Chi & Yoga Drop-in Fee: \$8 per class

Learn more about payment options: www.desmoineswa.gov/seniors

Senior Activities

Out to Lunch

Enjoy a no-host lunch and leave the driving to us. Advanced registration.

Age 50+ \$8 Transportation Fee

Friday, January 7	McGraths Fish House, Federal Way	11am-1:30pm
Friday, February 4	John Howie Steak House, Bellevue	10:30am-3pm
Friday, March 4	Salty's on Alki, Seattle	10:45am-2pm
Friday, April 1	Cliff House, Tacoma	10:45am-2pm
Friday, May 6	Woodman Steak House, Snoqualmie	10:30am-3pm

Golf Outings

Enjoy playing 9 holes at Puget Sound courses. Transportation is available on a first paid basis, or meet at the course. All players draw numbers to determine playing partners and tee position. Departure from DMAC varies from 8-8:30am. Return time varies. Advanced Registration Mandatory!

Monday	Course & City
April 4	North Shore, Federal Way
April 18	Jade Green, Auburn
May 2	Meadow Park, Lakewood
May 16	Lake Spanaway, Spanaway
May 31(Tu)	Twin Rivers, Fall City

Seniors

No host green fee and lunch

Fee Range: \$8-10

Day Trips

Explore Puget Sound with Des Moines Activity Center

Westlake Mall-Seattle		
Wednesday, January 12	9:30am-4pm	\$6
Snoqualmie Casino - Snoqualmie		
Wednesday, January 19	9am-4pm	\$6
Doll Museum - Bellevue		
Wednesday, January 26	9:45am-3pm	\$15
Fernwood at the Park Lunch & Tour, Normandy Park		
Friday, February 11	11:30am-2pm	Free
Seattle Weather Station at Sandpoint - Seattle		
Wednesday, February 16	9:15am-3pm	\$10
Tour of Seattle Ghost Tour - Seattle		
Wednesday, February 23	9:30am-1:30pm	\$25
Norman Rockwell Docent Tour @ Tacoma Art Museum		
Wednesday, March 9	9:30am-3pm	\$30
USS Turner Joy and Kitsap Historical Museum - Bremerton		
involves extensive walking		
Wednesday, March 16	8am-4pm	\$25
Auburn Avenue Theatre/Gothard Sisters Performance		
Thursday, March 17	6-10pm	\$20
Gig Harbor Museum - Gig Harbor		
Wednesday, March 23	9am-4pm	\$20
Snoqualmie Valley Historical Museum & Northend Senior Center- North Bend		
Wednesday, April 6	10am-4pm	\$15
Baxter Barn Farm - Fall City		
Wednesday, April 13	8am-3pm	\$15
Wild Horse Wind Farm - Ellensburg (no pacemakers)		
Wednesday, April 20	8am-5pm	\$20
5th Avenue Theatre's 9-5: The Musical		
Friday, April 22	8:30am-5pm	\$20
Hulda Klugar Lilac Gardens - Woodland		
Wednesday, April 27	8:30am-5pm	\$25
Historic Cle Elum - Cle Elum		
Wednesday, May 11	8:30am-5pm	\$20
Tree House Point - Fall City (Lunch at Tree House Point)		
Wednesday, May 25	8:30am-3pm	\$50
Whistlin Jack Lodge - Chinook Pass		
Wednesday, June 8	8:30am-4:30pm	\$18

Spring Fling Trip: San Diego & Palm Springs

March 7 - 12, 2011

Take in San Diego's Air & Space Museum, Zoo Tour via Skyfari Aerial Tram, USS Midway Museum, Old Town, Harbor Dinner Cruise. Explore Palm Springs 's Wine Tastings, Street Fair, Living Desert Wildlife & Botanical Park, Palm Spring Follies, Air Museum

Base Fee: \$1800 ppdo, \$200 deposit due upon booking

Contact Lou Noess, Normandy Travel, Inc. 206-824-4682

% of proceeds benefit Des Moines Activity Center

Deadline early January!

Get breaking news via email! Sign-up for our REC 'n ROLL e-newsletter at recreation@desmoineswa.gov!

Horticulture

Explore Northwest gardens and nurseries with our "growing" horticulture program and ease into fall with lectures!

\$8/van trips \$3/class lecture No Host Lunch

Fridays	Description
January 21	Petrified Wood and Fossil Plants – Lecture by Betty & Dick Lyons.
January 28	Making Garden Art with Joan Killingbeck-carpool to Des Moines residence.
February 11	Video Tour Lecture: Maritime Providences and Coast of Maine with Fall Colors.
February 25	Northwest Flower & Garden Show, Seattle-via carpool & Light Rail.
March 11	Burke Museum Tour, Seattle led by Betty & Dick Lyons
March 25	Olympic Sculpture Park & Spaghetti Factory, Seattle-carpool/ waterfront taxi/bus.
April 15	Tulip Fields in La Conner
April 29	Lake Washington Technical College Horticulture Spring Sale, lunch @ City Grill.
May 13	Weyerhaeuser Rhododendron Garden-carpool
May 27	Chinese Garden and Tacoma Reconciliation Park, Tacoma Waterfront.



Seniors Making Art –

Drawing Class

Learn to utilize five skills of perception in this lively drawing course that engages the full body, takes an upside-down approach to a topic and has you drawing what you see rather than what you *think* you see. Explore drawing in black and white using graphite, pencil, chalk and charcoal

during this 7-week course that "puts you in touch with your center." Materials provided. *No class 2/21. Instructor: Gail Baker.

M 10am-12pm January 31 – March 21*

Sponsored by Seniors Making Art – a nonprofit program founded by Dale Chihuly.

Memoir Writing

Learn to write the story of your life. Join others as you share your life in a supportive environment. Capture your life and the story of how you came to be who you are and where you are today. Instructor: Pat Tyllia

Seniors \$54

Th 2-4pm Session 1 January 13 – March 17 Wesley Gardens
Th 2-4pm Session 2 April 7-June 9 Wesley Gardens

Creative Writing

Do you have a story to tell? Interested in capturing your family's history? Take advantage of Pat Tyllia's writing experience and expertise while enjoying a supportive and encouraging environment to keep you going! Beginning and beyond writers are welcome. Instructor: Pat Tyllia

Seniors \$54

Th 10am-12pm Session 1 January 13–March 17 Wesley Gardens
Th 10am-12pm Session 2 April 7–June 9 Wesley Gardens

Better Hearing

Your sense of hearing is a vital link to your world. Hearing loss should not get in the way of enjoying your life. You can take control of the situation. Learn how you can enhance your hearing and improve your life. This better hearing seminar, presented by a hearing professional from Highline Audiology, will focus on the following topics:

- Calculate your investment in better hearing
- Old problems with hearing aids solved with new technology
- Staying connected

Presenters: Highline Audiology

Free

Tu 12:30–1:15pm

January 18

Activity Center

Hearing screen appointments available, call 206-878-1642 to book.

Connections to Services

AARP Tax Assistance Appointments 206-878-1642

Blood Pressure Checks

Elderwatch 253-946-7338

Fall Prevention

Foot Care -2011 features expanded hours!

Legally Speaking Presentations

Medical Lending Equipment

Nutritious Lunches -Monday-Thursdays

Pet Food Assistance

Sea Mar Latino Activities

Senior Services' Information & Assistance 206-448-3110

Senior Rights Assistance 206-448-5720

Senior Services' Shuttle Transportation 206-727-6262

Senior Services' Volunteer Transportation 206-448-5740

Senior Services' Meals on Wheels 206-448-5767

Join us for Fun & Games all week long!

Call 206-878-1642 for details!

*Join us on Sundays for live dance music with Randy Litch**

Dancing Stimulates your mind, body and soul!

Des Moines Activity Center
2045 S 216th, Des Moines WA 98198
1:00—3:30pm \$5

January 23 ✦
February 27*[‡]
May 22 ✦
June 26 [‡]
August 28 ✦
September 25*[‡]
October 23 ✦
November 27*[‡]

[‡] Bring refreshments if your last name begins with A-M

✦ Bring refreshments if your last name begins with N-Z

* Evan and Charlie Brown

REGISTRATION INFORMATION

City of Des Moines Parks, Recreation and Senior Services Department Offices

Parks and Recreation Administrative Office

1000 South 220th Street, Des Moines WA 98198

206-870-6527

TDD Line: 206-824-6024

Fax: 206-870-6587

E-mail: recreation@desmoineswa.gov

Monday – Friday, 8am–4:30pm



Des Moines Activity Center Office – Senior Services

2045 S 216th Street, Des Moines WA 98198

PO Box 98576

206-878-1642

Fax 206-878-2260

E-mail: recreation@desmoineswa.gov

Hours: Monday – Friday, 8am–4pm

Holiday Closures

December 24, 31, January 17, February 21 and May 30

Resident Priority:

Effective January 1, 2010, the City of Des Moines implemented a Resident Discount Policy offering residents discounted fees for recreation programs. Non-residents and city residents who choose not to provide proof of residency will be assessed the full fee for programs.

The Resident Discount ("RD") Fee is available to residents living within the City of Des Moines' jurisdictional boundaries and Senior Adults. To qualify for the "RD" Fee participants must provide proof of residency such as: Valid picture ID with a Des Moines Address. Valid picture ID accompanied by a utility bill with their Des Moines Address. Sports Teams qualify for the "RD" Fee when 51% of their players are Des Moines residents (proof of Residency will be requested.) The full program fee will be charged to participants who are not Des Moines residents or choose not to provide proof of residency. Questions related to residency should be directed to 206-870-6527.

Ways to Register:

Walk-in: Check, Cash, Visa/MasterCard.

Phone: Visa/Mastercard.

Mail-in: Registration Form with check or Visa/MasterCard information.

Registration Policies:

Pre-registration is required for all programs unless otherwise stated.

Registration is taken on a first paid basis.

Returned check fee: \$40 (plus 50% surcharge if collection action needed).

Refund Policy/Cancellations:

When DMPR/SS cancels a program, a full refund or credit will be issued.

Participants may request to withdraw from a program under the following conditions.

A \$10 processing fee will be deducted from the refund.

No refund will be issued for:

Programs costing \$10 or less., Programs where admission fee was purchased in advance, Special Events. Medical illness or other extenuating circumstances will be handled on a case-by-case basis. Documentation of circumstance may be requested. Credits must be used within the current fiscal year.

Inclement Weather:

During periods of inclement weather radio stations will report school closures and changes. Please listen for the Highline School District report. (Note: For programs held in Federal Way schools, listen for the Federal Way School District report.)

School Closed: All Des Moines Recreation & Senior Services Department programs are cancelled.

School Open/1-hour Late Arrival:

Recreation programs will operate as scheduled.

Senior programs prior to 10:00AM are cancelled.

Senior programs held after 10:00AM – call 206-878-1642 for updated information.

School Open/2-hour Late Arrival:

All recreation and senior programs held prior to 11:00AM are cancelled.

Recreation programs held after 11:00AM will be scheduled as usual.

Senior programs held after 11:00AM – call 206-878-1642 for updated information.

When inclement weather occurs during school holidays, evenings or weekends, please call 206-870-6527 or 206-878-1642 (Senior Programs) for updated information.

Accommodation of Disabilities:

The City of Des Moines is committed to accommodating citizens with disabilities and special needs. Des Moines Parks, Recreation and Senior Services will make every reasonable effort to ensure that programs are accessible. If you need assistance participating in our programs, call 206-870-6527. TTY/ TTD 206-824-6024.

Gender Equity Statement:

The City of Des Moines complies with the State of Washington's "Fair Play in Community Sports Act" (Chapter 467, 2009 Laws, effective July 26, 2009) that prohibits discrimination against any person on the basis of sex in the operation, conduct or administration of community athletics programs. Third parties, who contract with or receive leases or permits from the City of Des Moines for a community athletic program, are also prohibited from discriminating on the basis of sex. If you have questions or comments contact Patrice Thorell, Parks, Recreation and Senior Services Director.

Des Moines Parks and Recreation Registration Form

Mail to: City of Des Moines Park & Recreation Dept. 1000 S. 220th St., Des Moines, WA 98198

Adult/Guardian (if participant is a minor)

Participant's Name

Age Birthdate M/F Address

Home Phone Work Phone

() ()

Street address

Class Title

Emergency Phone

()

City State Zip code

Fee

\$

Fee

\$

I'll give kids a Chance, with my contribution to Youth Scholarships:

\$

VISA/MC #

Name on Card

TOTAL

\$

Exp. Date

City Of Des Moines Hold Harmless Agreement

I assume all risks and hazards of the conduct of the program. In case of injury, I waive all claims or legal actions, financial or otherwise, against the City of Des Moines, its organizers, sponsors, supervisors, employees, or any volunteers connected with the program unless injury is caused by the sole negligence of the City of Des Moines. I grant full permission to use photographs, videotapes, motion pictures, recordings or any other record of the program for any purposes. In absence of signature, payment of fees and/or participation in the program constitutes acceptance of these conditions.

Adult Participant or Parent/Guardian Signature

Date

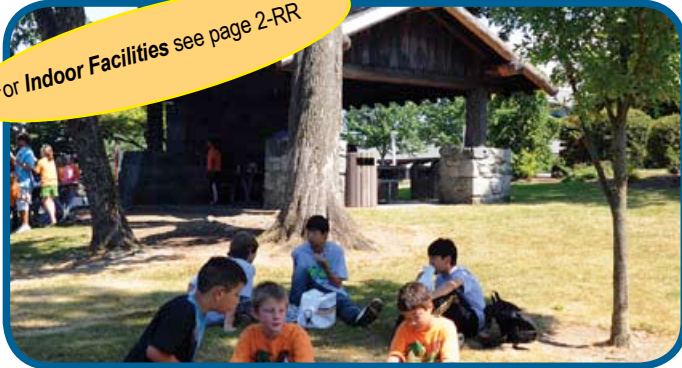
Facilities & Fields

Des Moines Outdoor Shelters are great for summer picnics and family gatherings!

Des Moines Field House Shelter
Midway Park Shelter
Wooton Park Gazebo

Our facilities are available at competitive rates!

For Indoor Facilities see page 2-RR



Field Rentals

The following fields are available for rent.

Des Moines Field House Park Fields
Steven J Underwood Memorial Park Fields
Zenith Park

For booking and additional inquiries visit or contact:

Des Moines Parks, Recreation & Sr. Services
1000 S. 220th Street, Des Moines, WA 98198
Phone: (206) 870-6527 Fax: (206) 870-6587
E-mail: recreation@desmoineswa.gov
Website: www.desmoineswa.gov/facility

A map and full listing of Des Moines Parks and Recreation Facilities can be obtained at the Administrative office or you can download a PDF file from the City's website: www.desmoineswa.gov/recreation.

Will You Help a Child Attend a Camp or Activity?

Your contribution gives local children and teens the opportunity and joy of attending Parks and Recreation programs! Youth and Teen programs are an essential part of a healthy community, building social skills, promoting active play and providing a safe haven for children before and after school.

Des Moines Parks and Recreation receives scholarship support from Des Moines Legacy Foundation and other local services organizations such as the Rotary Club of Des Moines. However, the need for scholarships has increased dramatically surpassing funds available in 2010.

Your gift will help a Des Moines child participate in 2011!

Check YES and send your tax deductible donation to:

Des Moines Legacy Foundation
Attention: Des Moines Parks & Recreation
Scholarships for Youth
PO Box 13582
Des Moines, WA 98198



Special Events

Salish Sea Stories

Join us for the rich experiences people living by the Salish Sea have to share! Please contact Des Moines Activity Center staff, 206-878-1642 if you would like to share your stories. Advanced sign-up requested, please call!

Adults

\$5 Suggested Donation



Cliff & Nancy in Juneau

The World of Travel Photography

Photographers & Authors Cliff & Nancy Hollenbeck, Normandy Park residents, specialize in creating photography and authoring books and promotional materials for leading airlines, cruise lines, countries, resorts and publishers including Alaska Airlines, Holland America Cruise Line and Microsoft. Together Cliff & Nancy have authored twenty-five books on travel, photography and business subjects, including the coffee-table books Mexico with foreword by James A. Michener, their best selling Hawaii and the recently released Southeast Alaska. Cliff has twice been named Travel Photographer of the Year, and participated in several Day In The Life books. Nancy has received a CLIO and CINDI for travel productions. Their film and video programs have won Gold Medals at the International New York and Chicago Film Festivals, and several TELLYs for travel and tourism commercials.

The program should last about an hour, followed by questions and discussion. Copies of Southeast Alaska, Images, their new book, will be available for purchase. Offered in-cooperation with Normandy Park Community Club Cove. 1500 SW Shorebrook Drive, Normandy Park, WA 98166.

Sunday, January 30

2:00-3:30pm

Cove Club House



Aviation History-

Part III: High Flights and Hard Landings

Imagine compressing 55 years of high flying into 2-hours! Join us for another segment of this Aviation series featuring the experiences of a retired Boeing test flight engineer and international airline operator. Facilitator: John McEvoy.

Adults

\$2 donation

T 9:30-11:30am
T 7-9pm

February 15
February 22

Activity Center
Activity Center

Put on your dancin' shoes!
1940's USO Dance
Sunday, March 27, 2011
2 - 5pm

Des Moines Activity Center
2045 S 216th Des Moines WA

Advanced Tickets:
\$15/person
\$20 Admission at the door (if space available)
Period & military attire encouraged

Featuring:
Refreshments, great dance music,
contests & entertainment!



Proceeds support programs and services at
Des Moines Activity Center! Co-sponsor; Farrington Court

FARRINGTON COURT
A LEISURE CARE RETIREMENT COMMUNITY

It's Back!
Eggstravaganza
- a leisurely egg-hunt

Saturday, April 23, 2011
9-11am
Des Moines Beach Park
\$5

Prizes for every child!
Photo opportunities
with the Easter Bunny!

Children grade 6 & under
Children under age 5
need to be accompanied by an adult.



7th Annual Poverty Bay Wine Festival



The Landmark On The Sound
Event Center in Des Moines
March 4 -6, 2011

Friday, 5:00pm - 10:00pm
Saturday, noon - 7pm
Sunday, noon - 5pm

Advanced tickets: \$25 Tickets at the door: \$30

Featuring tastings from
22 Northwest wineries,
samplings of
Northwest cuisine, &
Jazz entertainment

Buy tickets at www.dmrotary.org
or Corky Cellars at 206.824.9462

